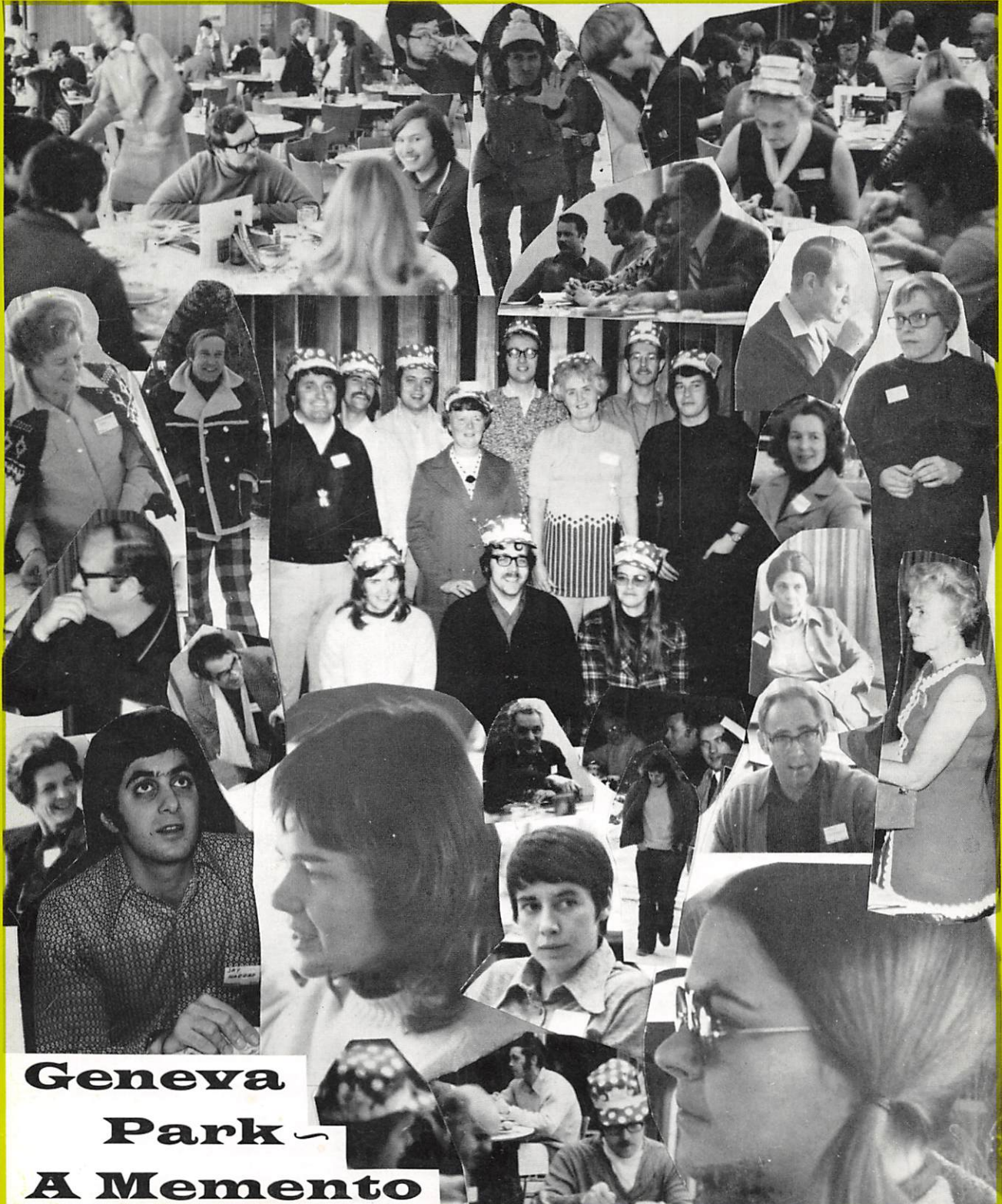


CANADIAN CAMPING

OFFICIAL PUBLICATION OFFICIELLE

THE CANADIAN CAMPING ASSOCIATION

L'ASSOCIATION DES CAMPS DU CANADA



**Geneva
Park -
A Memento**

Spring Edition, 1973, édition du printemps



Dear Mommy & Daddy,

You told me to drop you a line, so _____ I guess you don't think that's very funny, but I did and so did my new friend Suzie. She's my friend now, but she wasn't yesterday because she hurt me. It was all her fault; when Miss Smith was showing us all how to put a tent up, Suzie was supposed to hammer in the wedge for the loop for the tent ropes and the hammer hit me in the chin. Dumb Suzie!

Miss Smith said "Calm Down" just like you say, Mommy. And then we went to the Dentist in town. My tooth was broken and had to come out. I can't eat any of the peanut brittle you sent; it was yellow anyway.

Miss Smith says "Don't forget to tell your parents that the camp has **Camp-Guard** and **Camp-Guard** will take care of the Dentist's bills."

So that's what I'm doing at camp. I don't like Suzie again because my mouth is still sore.

Love Janie

XXXXXXXXXX

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A Message from the President

Message du Président



When camping people meet together, as many of us recently did at Geneva Park, it becomes more and more obvious that our future is, indeed, very promising. While it is true that some camps are closing and many are facing registration difficulties, we see in Canada that many new camps are opening . . . and that more children are going to camp. Mind you, we have a long way to go, and we have a great deal of hard work ahead of us, but because of the many new, dynamic, exciting people who are becoming involved, I cannot help but look at camping in a very optimistic light.

There are many challenges which we must realistically face — potential campers have many more alternatives than they did even ten years ago; costs are higher; staff members can travel and hitch-hike much more easily than they could a few years back; parents, newspapers, TV and radio personnel still do not fully appreciate the unique value of an organized camping experience for a child (even advertisers regard us as something pre-historic — witness the recent headache remedy advertisement with what I consider to be the old-fashioned cap and whistle!); the needs of children and staff are changing (are we aware of this fact of life?) . . . and the list could go on and on! The prophets of doom will always be with us — but if we work and share together, and if we face camping with a 1973 attitude . . . and not a 1963 attitude, we are going to win!

I am convinced that we must keep 'up to date' and this feeling became strengthened at the Geneva Park Workshop. This is not necessarily done through gimmicks . . . but through a continuing and on-going knowledge of the society around us. If we continue to operate our camps as we did ten years ago then I do see a real threat. It is true that for stability and strength, certain traditions must be maintained — but they must make sense, and if they don't, we must be flexible and unafraid of change.

When I first started to direct a Camp, it was my conviction that in order to maintain control and strong leadership I must be as strong as the proverbial Oak. I had to stick to clearly defined goals and policies. I had the misguided thought that, if I changed, I would be considered weak and ineffective. But camping must change — just as some of the attitudes and practices of our campers and staff change. Soon I came to realize that my 'strength' became a liability, but fortunately I was then able to realize that I could still be a good Director by being flexible . . . more like the willow — able to bend!

Throughout the next two or three months we will be completing plans to staff our camps. No doubt we will be looking for young men and women who have a keen desire to work with, and a love for children. We need staff members who are loyal, fun, exciting, imaginative, mature, responsible and warm. And surely one other criteria should be the ability to bend and be flexible.

Many of us adults are still unsure of our precise goals and purposes, so why must we expect our staff members to be like the Oak — strong and unchanging? To me, this inconsistency often holds us back from hiring some of the young dynamic people who, although still experiencing frustration, confusion and bewilderment, could be the backbone to providing a great camping experience for our campers. Many of these people are the very same individuals who will provide the feeling and spirit which is so necessary to keep our camps thriving. It's not the activities which will keep us in business . . . it's not the facilities . . . it's the people, and if we don't find and attract the young men and women who bring this feeling and warmth and loyalty into our camps, then indeed we are threatened!

Lorsque les gens des camps se rencontrent, comme cela s'est fait récemment à Geneva Park, il devient de plus en plus évident que l'avenir des camps est très prometteur. Alors que plusieurs camps se ferment et que d'autres font face à des difficultés d'inscription de campeurs, nous voyons, au Canada, plusieurs nouveaux camps ouvrir leurs portes . . . et plus d'enfants bénéficier des camps. Remarquez bien que nous avons encore une longue route à parcourir et un dur labeur à accomplir; ces nouvelles personnes dynamiques et emballantes qui s'impliquent de plus en plus dans notre organisme, je ne

peux m'empêcher de voir dans notre monde des camps une lueur d'espoir.

Plusieurs défis s'offrent maintenant à nous et nous devons les envisager de façon réaliste . . . tous ces jeunes qui pourraient être des campeurs et qui ont maintenant tant de choix qu'ils n'avaient pas il y a dix (10) ans. Les coûts maintenant plus élevés; ces jeunes qui pourraient être membres de personnel qui peuvent maintenant voyager ou "faire du pouce" beaucoup plus facilement qu'ils le pouvaient il y a quelques années; même des parents, des journalistes de la radio, de la télévision, de l'information écrite, n'ont pas encore trouvé la valeur unique que l'expérience de la vie de camp peut offrir au campeur (même des annonceurs nous dépeignent comme des êtres préhistoriques — qu'il nous suffise de citer ce commercial concernant des comprimés contre des maux de tête, illustré par une monitrice-à-sifflet-et-à-casquette, quel style!); les besoins des enfants et du personnel changent (sommes-nous conscients de cette situation?) . . . et notre liste pourrait s'allonger encore . . . Les prophètes de malheur seront toujours avec nous — cependant, si nous travaillons et partageons ensemble et si nous savons faire face à la réalité des camps avec une attitude de 1973 et non avec une attitude de 1963, alors nous irons de l'avant.

Je suis convaincu que nous devons sans cesse nous renouveler et nous maintenir à jour; ce sentiment est devenu de plus en plus fort à la suite de l'atelier de travail que nous avons eu à Geneva Park. Ceci ne se fera pas par des trouvailles, des artifices . . . mais par une connaissance plus approfondie et continue de la société qui nous entoure. Si nous continuons à diriger nos camps comme jadis le faisons il y a dix (10) ans, alors j'y vois un réel danger. S'il est vrai, que pour conserver la stabilité et la force nous devons maintenir certaines traditions, nous devons aussi voir à ce qu'elles conservent leur sens et nous-même, conserver une certaine flexibilité et une sécurité dans le changement.

Lors de mes débuts comme directeur de camp, j'avais la conviction que pour maintenir l'ordre, la contrôle et un bon leadership, je devais être aussi fort que le chêne. Je devais conserver et définir bien clairement mes objectifs et mes politiques. J'avais la mauvaise pensée que s'il m'advenait de changer quelque chose, je serais alors considéré faible et inefficace. Cependant, les camps doivent changer — Tout comme les attitudes et les façons de faire de nos campeurs et des membres de notre personnel changent. Bientôt j'en suis venu à réaliser que me force devenait un engagement, et heureusement j'étais alors capable de réaliser que je pouvais aussi être un bon directeur tout en étant plus souple et tout comme le roseau — capable de fléchir!

Au cours des deux ou trois prochains mois, nous compléterons la planification dans l'engagement du personnel de nos camps. Nous chercherons alors sans l'ombre d'un doute à retrouver les jeunes gens qui manifesteront un sain désir de travailler et d'aimer les enfants. Nos besoins iront vers les membres du personnel qui sont loyaux, capables de plaisir, de joie, emballants et imaginatifs, responsables, capables d'amitié et de maturité envers les campeurs. Un autre critère sera probablement l'adaptation et la souplesse du personnel.

Plusieurs d'entre nous sont encore peu sûrs de la précision de leurs objectifs et de leurs principes, mais pourquoi alors devons-nous nous attendre à ce que les membres de notre personnel soient comme le chêne, fort et immuable? En ce qui me concerne, je crois que cet illogisme nous empêche souvent d'engager des jeunes gens dynamiques qui, alors qu'ils vivent des expériences de frustration, de confusion et de désorientation, pourraient être l'épine dorsale de votre camp en permettant aux enfants une expérience enrichissante de plein air.

Plusieurs parmi ceux-ci sont les mêmes individus qui permettront de vivre des émotions et d'un esprit si nécessaire pour permettre à nos camps de prospérer. Ce ne sont pas les activités qui nous permettront de prospérer . . . ni les commodités . . . ce sont les gens. Si nous ne savons pas amener les jeunes gens et les jeunes filles qui communiquent de tels sentiments de chaleur et de loyauté dans les camps — alors il sera trop tard.

heard? do

have you

you know?

Good fellowship and warmth were very apparent at the recent Geneva Park Conference.

John Latimer and his committee are to be strongly commended for the programme and organization on the week-end. Certain aspects of the Conference appear within the pages of this edition but, before passing on to other news items, we would like to share a few of our impressions with our readers, especially with those who were not able to participate in the National Workshop. We can't by-pass the spontaneity and enthusiasm of the members from QCA and SCA. Two tips of the hat to both groups and why? . . . because . . . **Saskatchewan**, if your attractively coloured and pictorial folders (which we found at our place at every meal – well! almost!) with the scenery, history, review of the canoe tripping water routes as plied by the Voyageurs are an indication of what awaits a visitor to your province, we can hardly wait to make our first trip there! The natty hats you sported gave you the spotlight many a time. **Quebec**,

your posters in attractive, eye-catching colours brought to our attention votre Carnaval de Quebec. Then, **Bob Lazanik** smilingly presented us with the replica of a snowman, a dashing figure with a red toque and waistband. Our interest prompted us to enquire further and these are some highlights we learned about "Un Carnaval pour tout le monde". The snowman, **Bonhomme**, is the symbol of good times, good fellowship and community living. During le Carnaval, a joyous period of two weeks, Bonhomme is everywhere . . . in department stores, at all activities and it is he who crowns La Reine du Carnaval. The life-size ice palace, in Centre Square in Quebec City, is constructed out of blocks of ice hauled from the river and brilliantly lit with coloured lights. How breathtaking it must be! In addition, there is a canoe race across the St. Lawrence River, sponsored by the newspaper "Quebec le soleil". Perhaps our warmest experience was the rousing singsong with Bob at the piano on the last evening. The response of the provincial contacts who have elected to join the Editorial Committee was greatly appreciated. We look forward to having them help us to produce a magazine which will be all-inclusive of the needs of the camping folk across Canada. The setting, the sunshine 'n brisk air, the learning experienced and the camaraderie will long be remembered. We have enjoyed browsing through the Newsletters received from SCA, ACA, OCA and N&LCA. Their editors deserve a pat on the back because the productions are excellent and we truly enjoyed the first hand news. Although the Toronto Camping Show was for consumer benefit and had no connection with the OCA, one of its results will be to send 10 underprivileged children from Toronto for

two-week vacations to camps accredited by the OCA. The annual meeting of the SCA is to be held May 4-6th, an 'in-camp' conference at Camp Rayner on Lake Diefenbaker. The theme is "Camping: Where It's At!" From the C.C.A. Executive Meeting, held at Jack Pearse's Camp Tawingo in Huntsville on Feb. 4th, comes the following news items: the C.C.A. Board and Annual Meeting will be held April 11-13 in Parksville, near Nanaimo, B.C., in conjunction with a B.C.C.A. Conference. A very valuable brief concerning the Opportunities for Youth Programme was presented by the MCA. This will be discussed on Feb. 20th when our President meets with the Secretary of State. Also, presentations have been made to Recreation Canada to hold another Standards Workshop next winter as well as an Outdoor Education Conference. Much thought and work has gone into the production of the Publications section in this magazine. The bulk of the books are in our camp library and we would recommend that you juggle your budget to make some purchases. **Ron Perry**, as the author of "The Canoe and You", is well-known to many Canadians. Ron is the Headmaster of the Rosseau Lake School for boys. The School was situated at Lady Eaton's old summer house "Kawandag". We saw it in all its beauty last fall and so were very grieved to hear that it was completely demolished by fire some time ago. But, we understand the School re-opened a week later, thanks to the assistance of the village of Rosseau and people like **Shirley** and **Ted Yard**. On the site now are seven 50' trailers which serve as a dining unit, cooking facilities, living quarters and school rooms. Camping is adventure!! With temperature changes from 40° above to 40° below

(all within one week, at the same site!), it becomes more than an adventure. **Eileen Mayotte** had that experience in late February as she participated in a Winter Wilderness Camp at Candle Lake, Sask. This twice-yearly, one-week, full credit course is part of the requirements of the Recreation Technology Class at the Sask. Institute of Applied Arts and Sciences in Saskatoon. Forty-seven students and thirteen staff used this week to learn basic camping skills such as cutting wood with a chain saw to keep their shack-tents warm, to overnight camping with all associated skills being put into practical use, i.e. cross-country skiing, snowshoeing, orienteering, back-packing with proper equipment and clothing, animal tracking and snow ecology. Six snowmobiles were on the site to be used as emergency equipment and all students were introduced to good practice procedures and handling. They all tried their hand at ice-fishing but with their reported luck, it's no wonder they wound up the week with a Cabaret, food provided. This was the third time Eileen had served as a resource person for this camp. In conjunction with the C.C.A. Workshop, two National organizations Y.W.C.A. and Y.M.C.A. had separate meetings in Toronto on Feb. 4th; a time to meet and discuss their own particular plans, problems and needs. The dates and places have been selected for the **Canoeing Schools** . . .

Western School—Lake of the Woods—
June 2 - 11
Ottawa School—French—June 1 - 10
Ottawa School—English—June 14-23
Eastern School—Yarmouth, N.S.—
June 9 - 18.

Helen Stewart

Our Friends - The Indians

by Jack Eastaugh

Assistant to the Director, Taylor Statten Camps

The old time minstrel show disappeared some decades ago and many have said "Good riddance"! These shows were produced all over North America and even spilled into Europe. They were characterized by sugar sweet plantation songs and corny jokes. The leader or master of ceremonies was always the white-suited, white-skinned "Mr. Interlocutor" and he contrasted sharply and purposely with the rag-patched, pathetic appearance of the black fuzzy wigged chorus and ludicrous end men, whose main function seemed to be to emphasize the superior wisdom and culture of the white-man. Whites came out of the comparison rich, clean, handsome, wise and condescending — blacks emerged as poor, unkempt, superstitious, ignorant and subservient.

Have we a parallel in the way we conduct Indian Lore in the summer camp? I think not and I hope you will have a clear conscience when you recall the activities and ceremonies you have conducted at your camp under the general guise of Indian Lore.

Indian Lore — crafts — games — stories — council ring — should enhance, rather than demean, the Indian and his culture. Indians from Golden Lake, Couchiching, Georgian Bay, Brantford, Moosenee and other reserves have worked in various camps throughout Ontario. The Y.M.C.A. camps in Eastern and Western Canada for years have welcomed the participation of, and appreciated the contribution of local Indians in their programs.

If the town concert hall and minstrel shows were responsible for demeaning the black man, we have movies and T.V. to blame for a basic misunderstanding of the North American Indian.

History has been deliberately distorted so that the Indian is portrayed as a cunning, scheming, unreliable, blood-thirsty savage. There is documented evidence to prove that the whites who encountered the Indians in the great move west were the real scoundrels — that they cheated, corrupted and treated the red man as an inferior being.

When we add to such distortion the picture of Reserve Indians living in squalor and apparent listlessness, is there any wonder that our young people find it difficult to relate to Indian Lore with other than a shrug and a snicker? The Indian is a much maligned citizen and we may have done him irreparable harm, with our need to create a foil for the fake movie cowboy.

Many camps are finding that debates and discussions, evolving around the general topic of the "Indian in to-day's Society", are a natural and valuable offshoot of the Indian Lore program in camp. The camp director who will encourage such dialogue has added another dimension to an already fascinating activity. In addition, he has dealt honestly with a troublesome issue and opened a way for a better and enlightened understanding of one of the world's most fascinating cultures.

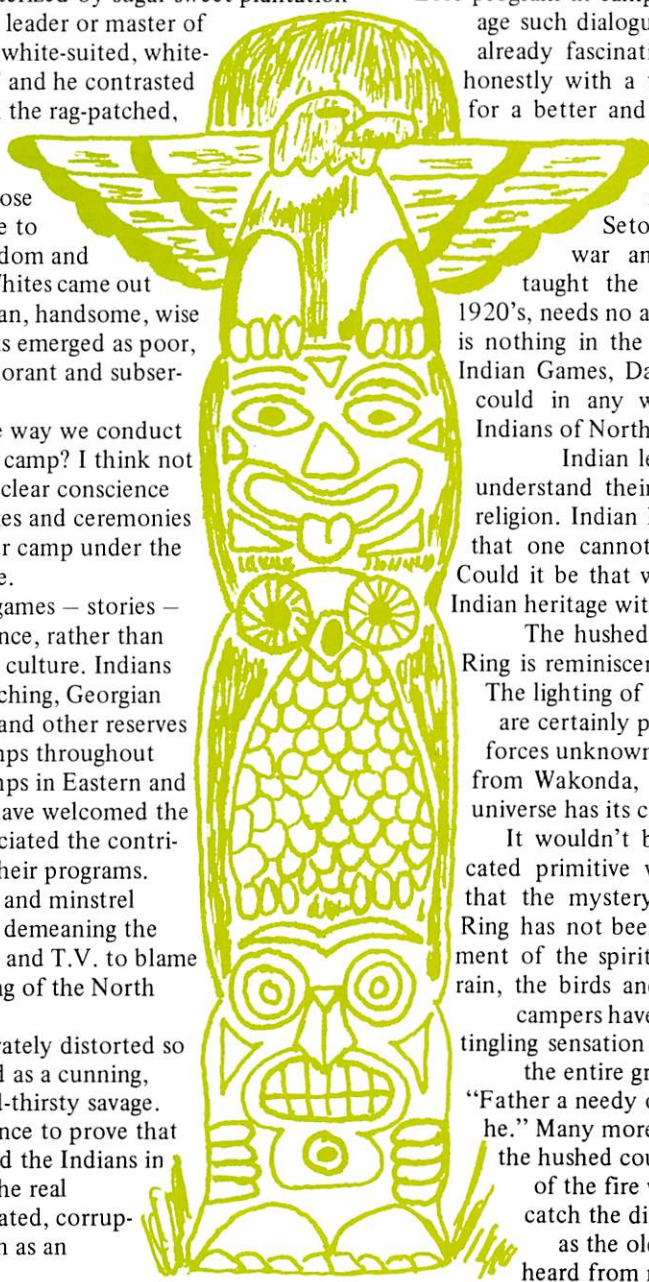
The Indian Council Ring Ceremony, devised by Ernest Thompson Seton in the years following the first great war and refined by Taylor Statten who taught the ceremonies to camp leaders in the 1920's, needs no apology and is still viable today. There is nothing in the Fire Lighting, Peace Pipe Ceremony, Indian Games, Dances or Departure of Hiawatha that could in any way be construed as demeaning the Indians of North America.

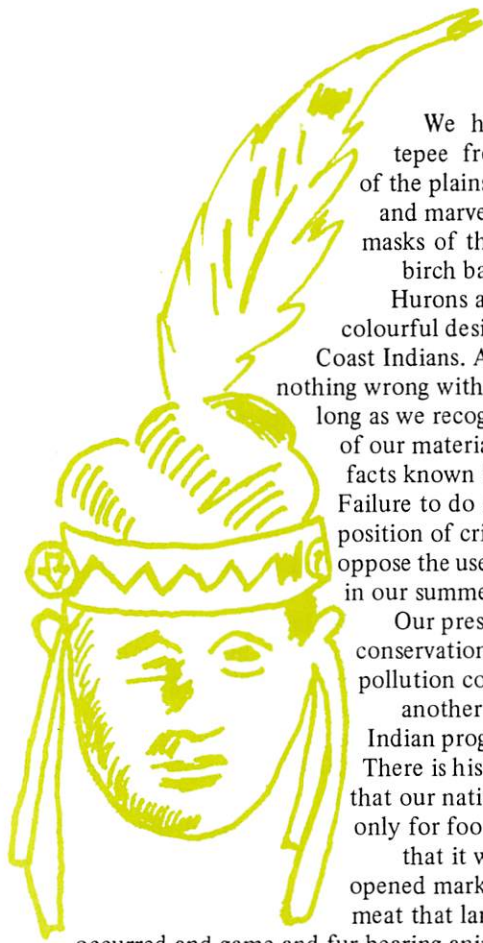
Indian leaders to-day tell us that if we would understand their culture we must first look to their religion. Indian life and religion are so closely related that one cannot be understood without the other. Could it be that we have hit upon the very heart of the Indian heritage without realizing it?

The hushed and solemn cavalcade to the Council Ring is reminiscent of the assembling of holy recruits. The lighting of the fire and the Peace Pipe Ceremony are certainly prayers acknowledging the presence of forces unknown and unseen. The reliance on wisdom from Wakonda, the one great knowing spirit of the universe has its counterpart in white society religion.

It wouldn't be fair to suggest that we have advocated primitive worship, but can we honestly claim that the mystery and beauty of the Indian Council Ring has not been due to this powerful acknowledgement of the spirits of mother earth, the wind and the rain, the birds and the beasts? Certainly in later years campers have acknowledged remembering a spine-tingling sensation at the close of the council ring when the entire group rose to sing "Wakonda dhe dhu" "Father a needy one stands before thee; I who sing am he." Many more recall the enchanted moments when the hushed council sat gazing into the dying embers of the fire while everyone strained their ears to catch the distant refrain of Hiawatha's Departure as the old chief strode off into the wilds to be heard from no more.

So why not admit that much of the appeal of the Indian Council Ring Ceremony is dependent upon the observance of primitive ceremonies and a reliance upon the mystery of the wild? Candor is also required in levelling with the purist who can quite legitimately claim that Indian Lore in the summer camp is guilty of ignoring cultural facts. We have not limited ourselves to archaeological truths.





We have stolen the tepee from the people of the plains, the grotesque and marvellously hideous masks of the Iroquois, the birch bark crafts of the Hurons and the rich and colourful designs of the West Coast Indians. Actually there is nothing wrong with this practice as long as we recognize the source of our material and make the facts known to our campers. Failure to do so enhances the position of critics who would oppose the use of Indian Lore in our summer camps.

Our present concern for conservation and interest in pollution control offers yet another approach to an Indian program.

There is historical evidence that our native people killed only for food and warmth—that it was not until we opened markets for furs and meat that large scale killings

occurred and game and fur bearing animals were made scarce.

The Indian lived in fear of forest fires and consequently avoided the careless habits of city dwellers who take to the woods. He made use of the materials of his environment and in doing so developed a respect for his surroundings.

In this short article it is not practical to describe the Indian Council Ring Ceremony that forms the basis of a successful Indian program. A complete and detailed description of the rituals, ceremonies, games and organization is available by contacting the author at 51 Parkview Place, Brampton, Ontario or the Taylor Statten Camps.

There is one aspect of the Council Ring, however, that requires serious consideration. Those camps where successful Council Rings are held find that it must be a total, all-camp program. Whereas many activities — theatre, chapel, musicales, movies, etc. can be carried on with more or less voluntary attendance, the Indian Council Ring does require the attendance of all campers and counselling staff. The reason is simple enough. Distractions of any kind are “killers”. Anyone who wants to can quickly draw a collection of scoffers who then conspire to interrupt or interfere with the make believe atmosphere that is so essential in this kind of program. At Ahmek we do divide the camp so that the eleven and under boys and girls attend at one time and the twelve and up age group participate in another. At first we suffered the annoyance of some interference but such has not been the case for years now.

If the camp director, senior personnel, section directors, counsellors will take the trouble to learn the rituals and ceremonies and then dress appropriately for the occasion, there is every likelihood that the Indian Council Ring Ceremony will succeed at your camp. ♦



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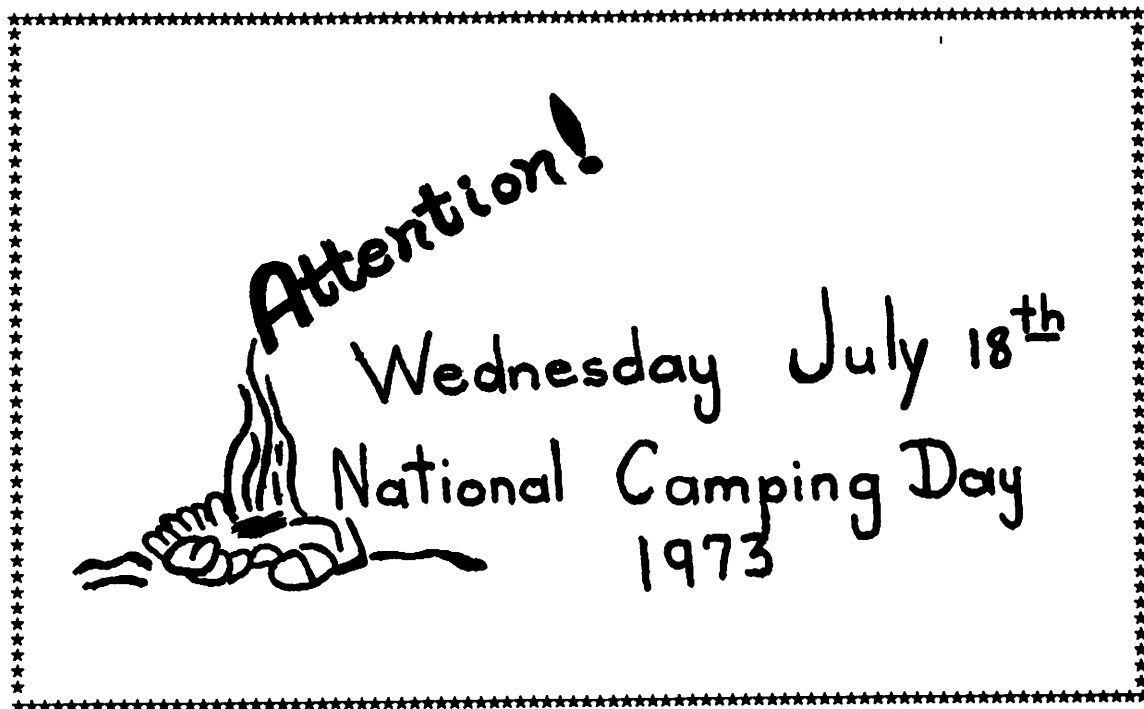
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I have sat and watched . . . the beaver going about her busy life, a moose and her calf calmly feeding, the grouse nesting timidly as the violence of a marten stalked her nest. In all these experiences, it was the sharing of the experience with someone else that made them real. Sharing them without reservation . . . without apology for the tear that such emotion brings to the eye.

I have had the honour of viewing our wilderness with the Chief of the Ojibway Bear Island Band. I have heard him describe his "mother earth" with such deep emotion that my only response could be silence. This is one of the value heritages that we must develop and share with the youth of today.

Yes, program is a means to an end! As camp directors, that end is our main responsibility.

We know, from our group work experience, how important small groups and a sense of belonging is to developing youth. Yet we have sat back, with our knowledge, and said little or nothing as our schools get bigger and bigger and we see, hear and experience our youth getting "turned off" by formal education.

At Dorset, in October, 600 leaders in outdoor education gathered to discuss, plan and solidify the outdoor experience for children. One of the startling facts that came to light was that the experience should be in small groups, in depth with trained leadership. Camp directors of fifty years ago could have told us this!

If camping is going to survive, it must lead. We must accept this role and initiate leadership in our own communities, our provinces and in Canada.

On a recent show, Pierre Burton was interviewing the 80 year old who developed the aerial and skip bombs of the second world war. The old gentleman talked about the dynamics of stress and tension in metals. He is currently developing the super structure of a plane that will fly five times faster than the speed of sound. The world will get smaller and smaller as a result! What really struck home to me was this 80 year old exerting leadership in this fast, dynamic world. He hasn't forgotten the excitement of discovery.

I remember, in . . . conferences, that one of the major concerns was that our camps become real and reflect the

community so that the experiences of our campers could prepare them for life. I believe that our camp communities are not only real but also ideal — where our campers can experience goodness, kindness, concern for others, fair play and belonging and thus reflect all these values in their home communities.

What then is the role of the camp director? What is our trust as leaders in this great movement, called camping? As a movement, it is still as vital and as poignant as ever. We still experience the deep abiding emotion that is ours in the out-of-doors.

Does organization stifle? Are we giving lip service to creativity? Are we too conscious of safety and thus inhibiting adventure in the out-of-doors? Are these trappings of civilization the things that are trying to slow down our dynamic movement?

If we are to surge ahead we must risk our future by giving leadership and speaking out on what we know is the direction of developing youth. We must risk our future by giving youngsters the challenge for living an ideal. The risk of fully exposing their own lives to others.

All of us have been doing these things for years. What is it in camping that has made you invest your lives?

That to me is the challenge! Rediscovering the excitement, the verve, the involvement! As we do; so will our campers!



TIPS

To offset the problem of slippery docks, you maybe have painted the wood and immediately sprinkled a coat of finely-sifted sand directly over the fresh paint and, for longer life, applied a second coat of paint after the first one had dried; or perhaps, you have used canvas or coco matting. Our suggestion is that you forget about them and apply millfelt, also known as dryer felt or ganvas. It is the cast-off felt from the rollers and can be purchased from any Pulp and Paper Co. The millfelt that we purchased in '71, costing 3¢ a sq. ft., was put down and it will be years before it has to be replaced because it stands up in all kinds of weather, including snow! Also, it is non-skid, neither stretches nor shrinks, and can easily be cut with a pair of shears or sharp scissors. The outside edge is tailored trimmed. By applying eyelets, it can be laced on floating docks. Hope we've convinced you because it is, without any doubt, the best investment we ever made for camp.



If you are starting a new camp or have a small camp, you might be interested in this idea because it is a surefire remedy for preventing homesickness, a dreadful camp malady . . . a Mother and Daughter (or Father and Son) Week-end; the second week-end of June at camp brings staff and new campers with their mothers together for a brief orientation sojourn in the camp setting, with a menu geared to the one that will be used in the summer. Mothers leave very satisfied, wishing they could be campers again and the campers? . . . they can hardly wait for camp to begin! And you, the director, have camp in readiness and, in addition, you experience satisfaction in the fact that some of the kinks have maybe been ironed out before your summer session begins. If you have a question about how to get this week-end "off the ground", ask the Editor.



If you have a worthwhile tip, please share your wealth and pass it on to the Editor.

Helen Stewart



CAMPING PUBLICATIONS

— publications service, CANADIAN CAMPING ASSOCIATION

LEADERSHIP TRAINING

THE CAMP COUNSELLORS BOOK. Northway & Lowes.
— a popular aid to counsellors by two well-known Canadian camp directors.

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Medical Supplies for the Camp Infirmary

by J. Harry Ebbs, M.D., F.R.C.P.

The following list of supplies is suggested for a residential summer camp for children with an enrolment of about fifty to one hundred campers. Specific quality, brand name or supplier have not been mentioned since many of them are local, and doctors attending the camp may have individual preferences. Different quantities may be ordered more economically, but those listed would at least be satisfactory for the original equipping of an infirmary.

First aid supplies for out-trips are not included in this list of medical supplies.

Enamelware:

- 1 Wash basin, 12 to 15 inches in diameter (one for each infirmary bed)
- 1 Solution bowl
- 1 Kidney basin (curved)
- 1 Instrument container with lid
- 1 Instrument tray
- 1 Bed Pan — adult size
- 1 Bed Pan — child size

Glassware:

- 6 Medicine Glasses — graduated
- 6 Thermometers — stubby
- 6 Medicine droppers — straight
- 6 Bottles (empty) with caps
- 25 Disposable Syringes — hypodermic 2 c.c.
- 1 Glass jug — graduated — 16 oz.

Rubber Goods:

- 2 Hot Water Bottles — stopperless
- 1 Ice Cap
- 1 Ear Syringe (large)

Miscellaneous:

- 1 Balance Scales (weight)
- 1 Pair Crutches — adjustable
- 1 Waste Receptacle
- 1 Hand Brush
- 12 Safety Pins
- 1 Tourniquet
- 1 Folding Stretcher
- 1 Electric Sterilizer
- 1 Goose-neck Lamp
- 1 Small Refrigerator
- 1 Metal Cabinet — locked
- 1 Box Drinking Straws
- 2 Boxes Tongue Blades (child size)
- 1 Box Wooden Applicators — 6"
- 1 Tin Talcum Powder

Instruments:

- 1 Pair Scissors — 5-1/2" (chrome) — one sharp and one blunt point
- 1 Pair Scissors — bandage — 5-1/2"
- 1 Forceps — splinter — 4-1/2"
- 1 Pair Forceps — dressing — 5"
- 25 Disposable Needles — hypodermic — #25
- 2 Haemostat Forceps

Bandages:

- 12 Gauze bandage — 1" x 5 yds.
- 12 Gauze bandage — 2" x 5 yds.
- 12 Gauze bandage — 3" x 5 yds.
- 6 Crepe bandage — 3" x 5 yds.
- 6 Flannel bandage — 3" x 5 yds.
- 3 Triangular bandage — cotton

Dressings:

- 1 Package — 30 — Gauze Pads (sterile) 3" x 3"
- 1 Package — 36 — Gauze and cotton pads (sterile) 6" x 6"
- 1 Package — Gauze — plain — 5 yds.
- 1 Box — 100 — Adhesive Dressings (waterproof) — 3/4" x 3"
- 1 Roll Adhesive Tape — 12" x 10 yds. (assorted width cuts)
- 1 Wall Rack for above
- 1 Roll Absorbent Cotton — 1 lb.

Antiseptics:

- 16 Ounces Rubbing Alcohol
- 16 Ounces Antiseptic Solution, e.g. Zephiran Chloride (aqueous or tincture), Metaphen (tincture) etc.
- 8 Ounces Hydrogen Peroxide 3%
- 1 Tin B.F.I. Powder
- 16 Ounces Liquid Paraffin

Tablets:

- 500 ASA — 5 grains
- 100 ASA and Codeine (grains 1/4)
- 200 Tablets Milk of Magnesia
- 100 Tablets Phenobarbital grains 1/2
- 100 Tablets Pyribenzamine 50 mgms
- 100 Tablets Penicillin 250,000 units
- 100 Tablets Triple Sulpha
- 100 Capsules Achromycin
- 16 Ounces Kaopectate or Kaosorb
- 2 Ounces Earache Drops
- 2 Ounces Toothache Drops
- 4 Ounces Nose Drops (1% Ephedrine)



Ointments:

- 1 Lb. Jar Petrolatum Alba
- 16 Ounces Calamine Cream
- 1 Ounce tube Eye Ointment Neosporin
- 1 Tube Pyribenzamine Cream
- 1 Tube Polysporin Ointment
- 1 Tube Steroid Ointment as prescribed by physician

It is expected that the above would be modified if a hospital or doctor's office was in near proximity.

It would be expected that the doctor would write prescriptions for any special drugs, equipment or special dressings, etc.

The attending doctor would provide or order his own instruments such as scalpel, special forceps, scissors, suturing material, ear curettes, special syringes, rubber gloves, oral thermometer and such special injectibles as adrenalin, steroids, local anaesthetic, narcotic drugs, penicillin for injection, etc. He would probably also provide anaesthetic material, ampules of saline or glucose solution, and would order intravenous sets if indicated. Elastic Adhesive Bandages, Plaster Bandages, Limb Supports and Special Dressings would also be best provided by the physician. Emergency injection, inhalation and oral medication for severe allergy and reaction to bites should be provided if not in close proximity. Similarly in areas known to require possible first aid, a snake bite kit should be available. The doctor will order such things as tetanus toxoid and will have information for getting rabies information if necessary. The director in consultation with the doctor should have suitable and adequate illness and accident record forms.

The above is recommended for first aid by a physician or nurse assuming that this service would be provided for the camp population not for general public and that all other emergency or more serious conditions would be referred to a hospital.

CAMPERS SHOULD BE PERMITTED to "shop" in the tuck shop!

by W. Bertram Danson

Director Emeritus, Camp Winnebago

In talking about camp with new or potential campers, as expected they ask many questions about your camp program. In my experience, one of the most frequent questions is "How often do we get tuck?" Certainly, this "activity" seems to evoke questions. The only activity that was NOT included in our fee! Always an 'extra'.

Who amongst us doesn't like a "treat"? And what is "tuck" but a treat! Although a camp should not be judged upon the merits of its tuck shop, nor should we place much importance upon this very necessary part of camp life, I feel it should be given more importance than it has been given in some of our camps.

Let us not think of the tuck shop as a place where the children can buy just candy. There are many other items that should be carried but the tuck shop should not resemble a small edition of the village general store. We can go overboard and carry items in our tuck shops that children really don't need. It should be a part of our responsibility as camp directors to see that the child only purchases essentials and also that he is limited in his edible treats. Parents will greatly appreciate our concern on their behalf in seeing that their camper's tuck purchases are carefully watched.

Although it is necessary to have a certain quantity of candy treats, we have endeavored to see that our tuck shop carried as many of the non-candy type of treats as possible. Recognizing that anything containing sugar is not good for the teeth of a growing child, we have always tried to carry such non-sugar items as potato chips, pop corn and the like. We have always made it a policy not to sell gum. Not only is it another item containing sugar, but gum always ends up on the underside of the tables, benches, bed rails or on the floors of the camp buildings.

Most camps, I am sure, will carry the usual line of necessary sundries such as paper-handkerchiefs, tooth-paste, soap, stationery, stamps and so on. Items such as combs, toothbrushes,

shampoo, deodorant, sunglasses, bathing caps can generally be obtained from home, or, if lost while at camp, they can be secured from the nearby town when one of the staff is there. To carry these casually required items in the camp tuck shop usually means purchasing a fair quantity, which may have to be carried over from year to year.

What about camp T-shirts? Many camps do carry them in the tuck shop. Many used to. Many never did. It has been our experience that it NEVER pays! For the stock that has to be carried over from year to year, you are indeed fortunate to get your money out. The margin of profit is minimal; frequently the mice get into them and make nests. We always felt our job was to run a good Camp. We had no right trying to be in the clothing business too.

We found a camp outfitter in town that was pleased to carry our camp T-shirts. We let his name be known to our campers' families. They could, if they wished, secure T-shirts and sweat-shirts from him. He carried the inventory and made the profit (if any) and he took the losses. The latter he was happy to do because parents always purchased other camp necessities at his store. This was the name of his game.

What about paddles? Some camps provide paddles for canoeing. Others ask that the campers bring their own. It is not our intention to go into the pros and cons of this subject, but merely to mention that if you do feel there is merit in asking the camper to have his own paddle, on which he can paint the OCA canoeing awards he has secured and also always ensure himself of a half decent paddle for canoeing, camps can supply this in the tuck shop at a price that is very competitive and also make sure that the paddle supplied the camper is of the correct size and weight for him. Naturally, with an item of this expense, a letter of permission from the parent is always advisable.

We have found that there are two methods of tuck shop supplying in

general use. One is where the campers submit a list of their requirements, generally by cabin group. These orders are filled by one of the administrative staff, put in bags or boxes and sent back with the list to the cabin. Sometimes the list is retained by the camp office for charging records.

Other camps have a regular tuck shop where the children can attend and "shop"; where they can see what is available in the line of treats and "choose". We have always used this latter, as it has been an anticipated and enjoyable time for the children. It is better to work this on a schedule according to age-groups and the candy treats can be limited. Of course, in the case of necessities the counsellors, who are permitted to attend daily, can secure items of this nature for their campers.

This type of tuck shopping has line-ups and the accompanying bedlam. But we have always insisted that the campers attend by cabin group and one of the counsellors of that group be in attendance to see that a decorous attitude prevails.

What about "systems"? What controls can a director have on the inventory in the tuck shop? These vary as much as do the different camps. However, systems can be a topic on its own.

I know that we always found it much more satisfactory to request a "deposit" for tuck when billing for the camp fees in the spring. This could be either \$5, \$10 or \$15, depending upon how long the child is going to be at camp. We use a system of "tuck cards". This is a card, inexpensively printed, measuring about 3" x 5-3/4". Each card is worth \$5. There is space on the card for the camper's name, cabin number and each is serial numbered. Around the outside of the card are little boxes, squared off in denominations of either 5¢, 10¢ or 25¢ — the whole totalling \$5. These were kept in the tuck shop in cabin groups. As the children always attend in cabin groups, the girls in the tuck shop merely had to have the stack of tuck

By this method, the most you will have to charge to a child's account for tuck shop will be either one or two entries during the month he will be at camp. True, we cannot account for how he spent his tuck money, but we can assure the parents that his spending

every penny of tuck shop expenditures was for.

The pleasures and excitement of the campers shopping at the tuck shop have caused us to decide never to remove these pleasures from the children – and us! ♦

[illegible]

Some camps include rocketry as part of their program. Such activities are now governed by the Minister of Air.

“No person shall fly model aircraft within five miles from the centre of any control zone or aerodrome traffic zone, as set out in the *Designated Airspace Handbook* published under the authority of the Minister, in a manner that creates or is likely to create a hazard to aircraft.

No person shall launch a rocket of any type or kind from any place in Canada without the written authorization of the Minister except

- (a) a model rocket equipped with an approved model rocket engine using an approved model rocket propellant mixture; or
- (b) a rocket of a type used in a fireworks display.

Notwithstanding paragraph (a) above, no person shall launch a model rocket

- (a) within 10 miles from the centre of any airport, control zone or aerodrome traffic zone described in the *Designated Airspace Handbook*;
- (b) in any manner that creates or is likely to create a hazard to aircraft;
- (c) in any manner that creates or is likely to create a hazard to persons or property on the ground;
- (d) into any cloud; and
- (e) unless a firing supervisor approved by the Royal Canadian Flying Clubs Association is present to supervise the launching.”

N.B. It might be a good idea for camps who intend hiring "firing supervisors" [(e) above], to be quite specific, for the benefit of other staff members, as to the actual role of the firing supervisor.

Paul Rushton

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OUTDOOR COOKERY

AUSTRIAN RAVIOLI (KETTLE AND 2 FRY PANS)

½ lb. bacon
2-3 onions
2 green peppers
2½ lb. ground steak
¾ lb. elbow macaroni
2 cans peas or lima beans
2 cans tomato soup
Salt

Boil macaroni in salted water over flame for about 20 minutes. Cut bacon into small pieces and fry over coals. Remove bacon from frying pan. Cut onions and peppers fine and fry in bacon fat, then add ground steak mixed with 1 tsp. salt.

Fry ground meat thoroughly, keeping it well stirred. When macaroni is cooked, drain and add the tomato soup, peas or lima beans and reheat. Add bacon and material from frying pan and stir well in kettle.

TEXAS TOMMIES

Slit a wiener lengthwise and insert a piece of cheese. Wrap a slice of bacon around the wiener and fasten with toothpicks. It can be cooked in a frying pan but it is better to cook it on a green stick. Can be eaten in a hotdog roll or a slice of bread.

CHOCOLATE PUDDING

This recipe can utilize almost any kind of cookies, stale cake, or breakfast foods such as corn flakes, even if soggy!

1 can (1-2/3 cups) evaporated milk
¾ cup instant cocoa mix
½ cup sugar
¾ cup water
10 (or so) coarsely broken graham crackers (or as above)

Combine the first four ingredients and bring them to a boil, stirring constantly. Add the graham crackers and cook over a low heat for about ½ hour, stirring occasionally. Spoon the pudding into dishes.

POCKET STEW

2 lb. ground steak
8 large potatoes
8 large carrots
3-4 large onions
¼ lb. butter
10 ft. tin foil
Salt and pepper

(for each child)

¼ lb. meat
1 large potato
1 large carrot
½ large onion
Butter
Tinfoil – 1 foot

Instructions for each child:

Make a large meat patty (flat – ¼" thick, 4" x 3"). Slice potatoes and carrots (slices should not be more than ¼" thick). Dice or chop onion – rub butter on part of tinfoil which will be in contact with food. (Can put extra butter in also.) Place food in layers –

1. Meat in very centre.
2. Either potatoes or carrots on the outside.

Note: Shiny side of tinfoil should be inside. Entire stew, when folded, should be approx. 6" x 4" x 2½".

Note: Should be **no more** than 2 layers of tinfoil around stew, and **no less**. Also, **no holes** in tinfoil. Cook in coals 10 minutes on each side.

APPLES IN FOIL

Core large baking apples and peel skin from upper part. Place on squares of foil. Fill centres with orange marmalade, top with chopped nuts and sprinkle with lemon juice to keep cut surface from discolouring. Wrap in foil, twisting at top to close. Cook on grill 45 minutes or until soft.

Editor's Note: The above recipes are among many in the cook book entitled "Cookery for Kids, Kamp 'n Kicks".

DO IT NOW!

A Camp Director's Check List

by Eanswythe Flynn,
Camp Brigadoon



This is the last chance to do a double-take on all the Ins and Outs of good camping... check the grounds, oversee repairs, painting and replacements to be satisfied that they have been completed. Go over the list of preparations we have made for you in the past three issues of Canadian Camping. If anything is still not as you like it in your own situation... then DO IT NOW!

IN JUNE...

- There should be little to list, actually, at this time. You might check to see that you have this year's Test Sheets for canoeing and swimming awards, enough to last the summer. If there are any other new forms you should be using, order the supply now.
- Your Staff Manual should be distributed to all your staff members by the first week of June at the latest.
- Continue to send drinking water and swimming water samples to provincial Departments of Health at their required intervals.
- Check with Departments of Lands and Forests or Ministries of Natural Resources about canoe routes and hiking areas, and the cost, if any, of sending groups over Government-owned waters and property.
- Be sure that staff contracts have been received and all their necessary forms signed. The information letter concerning their arrival at camp and other pertinent information should be mailed to your Staff.
- Check on final arrangements for the staff pre-camp session and make certain all is in readiness for the arrival of the staff.
- Set up the Infirmary. Check supplies. Have they been delivered as ordered? Are campers' Health Forms and their Doctors' Certificates coming in? Have you enough file cards for your records and a suitable place to file them?
- Prepare for arrival of kitchen staff. Supervise their training. Be sure that they understand the provincial health regulations and the importance of absolute cleanliness in this area, not only for the Health Inspectors, but for everyday cooking, eating and cleaning.
- Check garbage disposal system, cleanliness of garbage pails and effi-

ciency of garbage removal to the town dump, or other local area.

- Check grounds for loose nails and broken glass, boards or logs out of place on paths, around buildings or anywhere campers may walk or run, for any holes or open pits which could be a hazard.
- Prepare for arrival of campers. Have staff ready with lists of names and cabin groups, trained to meet parents and give a warm welcome to campers.

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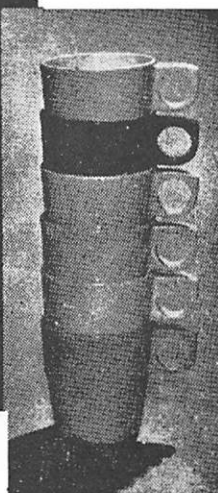
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Items not Illustrated:

- Vegetable Bowl
 - Platter
 - Pitcher
 - Tumbler
 - Creamer and Sugar
 - Salad Servers
 - Jam or Sugar Pot
 - Salt and Peppers
 - Soup Plate
 - Butter Dish and Cover
 - Gravy Boat
- Colours: Yellow,
Green, Coral, Blue

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CLEANING MAINTENANCE



- | | |
|---|--|
| <input type="checkbox"/> Automatic Floor Scrubber-Vacuum | <input type="checkbox"/> Floor Scrubbers & Polishers |
| <input type="checkbox"/> Floor Machine Brushes & Accessories | <input type="checkbox"/> Floor Cleaning Compounds |
| <input type="checkbox"/> Germicidal Floor Detergents | <input type="checkbox"/> Liquid Floor Waxes |
| <input type="checkbox"/> Floor Sealers | <input type="checkbox"/> Polymer Floor Finishes |
| <input type="checkbox"/> Wax Remover | <input type="checkbox"/> Sweeping Compounds |
| <input type="checkbox"/> Littervacs to 'clean up' large areas | <input type="checkbox"/> Industrial Vacuum Cleaners |
| <input type="checkbox"/> All purpose Floor Absorbents | <input type="checkbox"/> Mopping Equipment |
| <input type="checkbox"/> Indoor-Outdoor Carpeting | <input type="checkbox"/> Vinyl & Rubber Matting |
| <input type="checkbox"/> Housekeepers Utility Carts & Accessories | <input type="checkbox"/> Mops, Brooms, Pails, Dust Pans |
| <input type="checkbox"/> Ice Melting Pellets | <input type="checkbox"/> Sponges, Cleaning Pads, Squeegees |
| <input type="checkbox"/> Carpet Cleaning Equipment | <input type="checkbox"/> Rug & Upholstery Cleaners |

WASHROOM PRODUCTS



- | | |
|---|---|
| <input type="checkbox"/> Liquid Toilet Soaps | <input type="checkbox"/> Washroom Air Fresheners |
| <input type="checkbox"/> Soap Dispensers | <input type="checkbox"/> Shower Slippers & Bath Mats |
| <input type="checkbox"/> B.M.D. Drain Cleaner | <input type="checkbox"/> Sanitary Napkins - Vending Machines |
| <input type="checkbox"/> Self-Closing Waste Receptacles | <input type="checkbox"/> Napkin Disposal Receptacles |
| <input type="checkbox"/> Disinfectants | <input type="checkbox"/> Urinal Deodorizers & Screens |
| <input type="checkbox"/> Toilet Bowl Cleaner | <input type="checkbox"/> Ozium Sanitizing Air Spray & Ozimatics |
| <input type="checkbox"/> Sand Urns for Cigarettes etc. | <input type="checkbox"/> Insecticides, Insect-o-Strip |
| <input type="checkbox"/> Electric Water Coolers | <input type="checkbox"/> Water Cup Dispensers |
| <input type="checkbox"/> Electric Foggers and Sprayers | <input type="checkbox"/> Dr.Brook Life-Saving Airway |
| <input type="checkbox"/> Powdered Toilet Soaps | |

INDUSTRIAL PAPER AND DISPOSABLES PRODUCTS



- | | |
|--|--|
| <input type="checkbox"/> Paper Place Mats | <input type="checkbox"/> Embossed Paper Tray Covers |
| <input type="checkbox"/> Paper Doilies | <input type="checkbox"/> Serviettes - Embossed & Coloured |
| <input type="checkbox"/> Beverage Coasters | <input type="checkbox"/> Paper Water Cups |
| <input type="checkbox"/> Hot Drink Cups | <input type="checkbox"/> Paper Towel Dispensers |
| <input type="checkbox"/> Paper Plates | <input type="checkbox"/> Paper Towels |
| <input type="checkbox"/> Linenized Paper Caps - adjustable to size | <input type="checkbox"/> Toilet Seat Covers |
| <input type="checkbox"/> Toilet Tissue | <input type="checkbox"/> Paper Food Containers |
| <input type="checkbox"/> Dish Washing Detergents & Dispensers | <input type="checkbox"/> Dish De-Staining Compound (Plastic and China) |
| <input type="checkbox"/> Odourless Germicides & Bactericides | |
| <input type="checkbox"/> Toilet Paper Holders | |



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